

PRELIMINARY AMENDMENT

Application No.: 10/ 646,914

Amend. Dated April 3, 2004

Listing of Claims:

Please omit previously submitted Claims and replace them with the following:

What is claimed is:

- 1- A muscle toner for the prevention and treatment of tension headaches, neck and shoulder pain, and snoring, comprising in combination:
2. A headband with a loop to connect to stretching device
3. A "One size for all" adjustable stretching device with adjusting buckles at both ends, to increase or decrease the length of the elastic tube. Resistance of the elastic tube to stretching has indirect relation with its length. The shorter the length the more resistance it creates.
4. A modified adjustable stretching device with a connecting hook to attach to the headband on the forehead to give rotational movement to the neck, by manually pulling it to the right or the left side. Restoring rotational motion of the neck is crucial to recover from neck injuries.

PRELIMINARY AMENDMENT

Application No.: 10/ 646,914

Amend. Dated April 3, 2004

Amendments to the Drawings:

Please add two attached new figures; 18 and 19, to the drawings.